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Einkorn Recipes



Synopsis

One of the biggest misconceptions amongst people is that healthy baking using 100% whole grain and unadulterated flours is hard and challenging, and makes bread that is tough and tasteless at best. Nothing could be further from the truth! Grains and the food products made from them have been a staple of civilization since its inception. Einkorn was one of the first domesticated forms of wheat, and fed millions throughout the Fertile Crescent area. This is the grain from which the loaves in biblical times were made. I will show you why healthy baking should never be hard; instead, it should be fun and rewarding. Get ready to make the best homemade bread you've ever had and much more--all from scratch.

Book Information

File Size: 2532 KB

Print Length: 29 pages

Publication Date: July 22, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B0745ZXTM9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #392,690 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #63

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